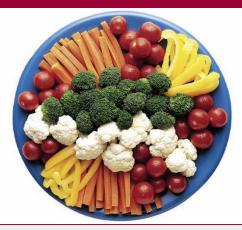
WHAT IS WIC?

The Wyoming Women, Infants, and Children Program provides food and nutrition information to help pregnant women, breastfeeding women, infants, and children under the age of five stay healthy and strong.



WIC WORKS WONDERS

FOR WOMEN

Women in the WIC Program eat better, have healthier babies, and receive early prenatal care.

FOR INFANTS

Infants born to WIC mothers weigh more and grow and develop better.

FOR CHILDREN

Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly, and receive immunizations.





To find out about WIC, call a local WIC Program nearest you or call: 1-800-994-4769

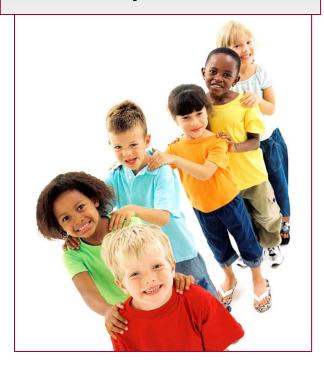
Albany County WICLaramie	(307) 721-2535	
Campbell County WICGillette	(307) 686-8560	
Carbon County WICRawlins	(307) 328-2606	
Saratoga	(307) 326-5371	
Hanna	(307) 325-9054	
Converse County WICDouglas	(307) 358-4003	
Glenrock	(307) 436-9068	
Fremont County WICLander	(307) 332-1034	
Riverton	(307) 857-3199	
Dubois	(307) 455-2345	
Goshen County WICTorrington	(307) 532-5881	
Lusk	(307) 334-2609	
Laramie County WICCheyenne	(307) 634-6180	
Natrona County WICCasper	(307) 265-6408	
Midwest	(307) 437-6513	
North Lincoln County WICAfton	(307) 885-9071	
Park/Big Horn County WICPowell	(307) 754-8880	
Cody	(307) 527-8580	
Lovell	(307) 548-6591	
Platte County WICWheatland	(307) 322-3732	
Sheridan County WICSheridan	(307) 672-5174	
Buffalo	(307) 217-0750	
Sweetwater County WIC Rock Springs	(307) 352-6783	
Teton County WICJackson (307) 734-1060		
Pinedale	(307) 367-4114	
Big Piney	(307) 276-3515	
Uinta County WICEvanston	(307) 789-8943	
Lyman	(307) 787-3435	
Kemmerer	(307) 877-1195	
F.E. Warren Air Force Base WIC	(307) 773-3963	
Washakie County WICWorland	(307) 347-9249	
Thermopolis	(307) 864-3311	
Greybull	(307) 765-2371	
Weston County WICNewcastle	(307) 746-2677	
Sundance	(307) 290-2105	
Hulett	(307) 290-2105	
Upton	(307) 468-2200	

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Let WIC Work Wonders for Your Family

Healthy Foods and Nutrition Information

Effective July 1, 2011



Distributed by Wyoming Department of Health - WIC Program

WHO IS ELIGIBLE FOR WIC?

- Wyoming residents.
- * Pregnant, postpartum, or breastfeeding women, infants, or children under 5 years of age.
- Persons with a nutritional need.
- * The household income is less than or equal to the income guidelines below.
- You are automatically income eligible for WIC if you currently receive POWER, SNAP, or Medicaid.
- Fathers, guardians, or foster parents may apply for WIC for their children.

WIC Total Income Guidelines Effective July 1, 2011

In Household	Yearly	Monthly	Weekly
1 person	\$20,147	\$1,679	\$ 388
2	27,214	2,268	524
3	34,281	2,857	660
4	41,348	3,446	796
5	48,415	4,035	932
6	55,482	4,624	1,067
7	62,549	5,213	1,203
8	69,616	5,802	1,339

HOW TO APPLY FOR WIC

To set up an appointment, call the WIC Program nearest you (see back of brochure) or call 1-800-994-4769 for assistance. Local WIC Program staff will tell you what to bring to your appointment.

At your appointment, a WIC nutritionist or nurse will check your diet and review your health history.

If you are eligible, you will receive information and counseling, referrals to other services, and a WYO W.E.S.T. card to buy foods such as:

- Fresh Vegetables, Fresh Fruits, and Juice
- Cereal, Whole Grain Bread, Brown Rice, Oatmeal, and Corn and Whole Wheat Tortillas
- Peanut Butter, Dried Beans/Peas, and Canned Beans including Refried Beans
- Canned Tuna, Canned Salmon, and Eggs
- Infant Foods: Formula, Vegetables, Fruits, Meats, and Cereals
- Milk, Soy Beverage, and Cheese



HOW WIC WORKS

The WIC Staff is a caring team of experts who provide:

- Counseling on how to use WICapproved foods to improve health.
- ★ A WYO W.E.S.T. card to buy foods that help keep you healthy and strong.
- Immunization screening and referrals.
- Discussions on food shopping, recipes, taking care of babies, and how to breastfeed.
- Information on good eating during pregnancy and breastfeeding and how to feed your child.
- Referrals to doctors, Public Health Nursing, dentists, and programs like SNAP (Food Stamps), POWER, Medicaid, Kid Care CHIP, Best Beginnings, Children's Special Health Services, Head Start, Cent\$ible Nutrition Program, day care, and fuel assistance.

